

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for the Veterans Day holiday is: Nov. 9, paper and cardboard recycling; Nov. 10, Patriot Village; and Nov. 11, no pickup on holiday.

The recycling pickup for Wednesday, Nov. 16, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Veterans Day closure

Kirk U.S. Army Health Clinic will be closed Nov. 11 in observance of Veterans Day.

Veterans Day weekend gate hours

There will be reduced gate operations at Aberdeen Proving Ground for the Veterans Day holiday.

The Harford Gate (Route 22) in the Aberdeen Area will close 10 p.m., Nov. 10, and the Magnolia Road Gate in the Edgewood Area will close at 8 p.m.

The Maryland Gate in the Aberdeen Area and the Route 24 Gate in the Edgewood Area will be open throughout the holiday weekend.

The Harford Gate and Magnolia Gate will reopen at 4 a.m., Nov. 14.

Commissary posts upcoming holiday hours

The Commissary will be open normal hours on Veterans Day.

To help customers prepare for Thanksgiving, the Commissary will be open 10 a.m. to 7 p.m., Nov. 21. The Commissary will be closed Thursday, Nov. 24 and Friday, Nov. 25. All other days will have normal shopping hours.

During the Christmas and New Year's holidays, the Commissary will be open 10 a.m. to 7 p.m., Dec. 19 and 9 a.m. to 4 p.m., Dec. 24. The Commissary will be closed Dec. 25 and 26 and Jan. 1 and 2.

PWOC begins 'Operation Christmas Child'

PWOC invites the APG community to participate in 'Operation Christmas Child.'

Anyone wishing to donate a shoebox gift can drop it off at the chapel by Nov. 19.

For more information, See **SHORTS**, page 4

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Soldier Show comes to APG

Steppin' out Soldiers entertain APG



Photo by YVONNE JOHNSON
Spc. Rondi Edward of Fort Bragg, N.C., center, leads a dance number with from left, 1st Lt. Heather Gross, a Boonsboro, Md. native assigned to Fort Campbell, Ky., Spc. Allison Carpenter from Camp Humphreys, Korea, and 1st Lt. Christina Fanitzi, also from Camp Humphreys, during the final performance of the 2005 U.S. Army Soldier Show at the Post Theater Oct. 30. See article on page 11.

Great American Smokeout — try it

Marcie Birk
CHPPM

The Great American Smokeout on Nov. 17 is a great time to quit tobacco and begin to enjoy all the benefits of saying "So long, Tobacco Road" and "Hello, healthier life."

Each year, more than 400,000 Americans die from cigarette smoking. In fact, one in every five deaths in the United States is related to smoking.

Smoking tobacco causes chronic lung disease, heart disease, and stroke, as well as cancer of the lungs, larynx, esophagus, mouth and bladder.

Smokeless tobacco, along with being more addic-

tive than smoking, can cause cancer of the gums, mouth and throat.

For some, willpower alone isn't enough to beat tobacco addiction.

The Food and Drug Administration has approved a number of products to help reduce cravings and withdrawal symptoms. Most can be bought without a doctor's prescription.

Smokers who want to quit using tobacco should ask their health-care provider or community health nurse to recommend a local tobacco-cessation program.

Most installations have these pro-

grams, and studies have shown that participation in a structured program significantly improves the chance for success. Mark your calendar for the Great American Smokeout. Think success. Believe being smoke-free is better.

For more information about steps that can lead to successful tobacco cessation, visit <http://www.smoke-free.gov/>. See more articles on quitting smoking on page 11.

FEHB, FSA open seasons begin Nov. 14

CPAC

The Federal Employees Health Benefits Open Season will be held from Nov. 14 through Dec. 12.

Health fairs are scheduled 9 a.m. to 1 p.m., Nov. 16, at the Aberdeen Recreation Center, building 3326, and 9 a.m. to 1 p.m. Nov. 17, at the Edgewood Recreation Center, building E-4140. Plan representatives will be available to answer questions.

Employees are encouraged to attend the health fairs to speak to the carrier representatives and obtain individual brochures from them. Individual brochures also will be distributed upon receipt in the Civilian Personnel Advisory Center.

Significant plan changes are listed for local employees in Maryland, Delaware, Pennsylvania and Virginia. Plans with listed changes can be located at <http://www.opm.gov/asd/pdf/2005/05-405attachment.pdf>.

Comparison guides may be obtained at OPM's Web site, <http://www.opm.gov/insure/health>.

The Flexible Spending Account Open Season also coincides with the FEHB Open Season. To enroll in the FSA, employees must contact the carrier SHPS directly at <https://www.fsafeds.com>, 1-877-372-3337.

Employees must contact the Army Benefits Center-Civilian (ABC-C) or Web site www.abc.army.mil.

All new changes will be effective Jan. 8.

Questions may be directed to Teri Wright, Civilian Personnel Advisory Center, 410-278-4331, e-mail teri.wright@apg.army.mil, or to a servicing human resources assistant.

CFC donations reach \$50,000

Lisa Mack
CFC Chairperson

Donations to the Combined Federal Campaign have totaled \$51,523.20 or 14.7 percent of the installation's goal of \$350,000.00.

The following organizations are to be congratulated for exceeding their goal:

Office of the Commander, Civilian Personnel Advisory Center, Northeast Region CPOC, Directorate of Information Management, Resource Management Office, Adjutant Office Garrison, Internal Review Audit Compliance Office, Staff Judge Advocate Legal Office, Chemical Materials Agency, Army Contracting Agency, Research Development and Engineering Command, 9th Area Medical Lab, 20th Support Command and the Plans, Analysis and Integration Office.

The first drawing for two of six Chris White prints, "Annapolis –

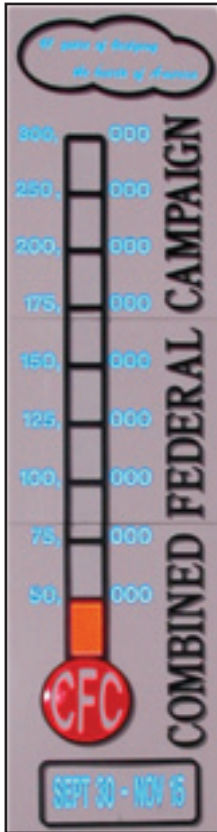
College Creek," from the 2004 campaign season was held. The winner of the 16-by-20 inch print is Kenneth P. Stachiw, DSHE and the winner of the 8-by-11 inch print is Sgt. Maj. Scott Neal, 9th AML.

All other contributor names will be put back into the mix for the remaining drawings.

Contributors should get their pledge cards to their key worker early so they will be eligible to win one of the four remaining prints.

The 2005 Contributor's Guide for national/international organizations is at Web site <http://www.cfc-cmd.org>. Paper copies of the guide and pledge cards are available from each organization key worker or at the APG CFC Office.

For more information, visit the APG CFC Office at building 4302, or call Mary Cheek, 410-306-1625/1626.



APG Garrison evaluates energy alternatives

Yvonne Johnson
APG News

The Aberdeen Proving Ground Garrison, supported by technical representatives from the U.S. Army Research, Development and Engineering Command Power & Energy Integrated Product Team reviewed several alternative energy technology and integration options that could potentially enhance APG installation energy security Oct. 27 at Top of the Bay.

Col. John T. Wright, APG Garrison and deputy installation commander, hosted the meeting.

"Because the Army is the largest consumer of energy in the Department of Defense, we need to look at ways to lessen our dependence on certain forms of energy," Wright said. "This is a collective study to look at alternative forms of energy production and distribution."

He said that including APG in the study for a micro-grid system, an integrated power supply and management system for 21st century Army installa-

tions, was originally contemplated in the spring.

"This means that instead of using a single, traditional source of energy, we're looking at an opportunity to integrate several at one location," Wright said. "Using a micro-grid means that we won't be dependent on any one, single source of energy and also, if something goes wrong with one for any reason, there is another on hand to take its place. What will go forward from here within one to two years," he added, "is a type of advanced installation technology - demonstrated on a very small scale."

RDECOM has funded a study to develop an integrated energy micro-grid technology concept for Army installations that could ultimately help address forward base and tactical operation center energy needs in the field. Should the results of this study prove favorable, selected technology concepts will be implemented over time at APG.

John Dodson, of Thayer Gate Energy, under contract to RDECOM, moderated the meeting along with

Joe Mok of USAIS Inc.

A micro-grid system could provide uninterrupted, virtually unstoppable power for military installations. Its key components are distributed power generation, energy storage and energy management.

The system could address several Army installation power issues. Those include centralized power generation that is susceptible to disruptions, including acts of nature, and aging systems which affect readiness and security.

Note also that rising fuel costs sap Soldier support resources, transporting a consumable commodity affects readiness, and the impact on the environment affects the surrounding community's health and well-being.

"The future Army needs renewable energy," Dodson said.

Micro-grid benefits include:

- Distributed power generation reduces point-

See **ENERGY**, page 5

Veterans' voices

'Geographic' prints 'Forever a Soldier' book

Library of Congress

"Forever a Soldier: Unforgettable Stories of Wartime Service" will be published by National Geographic Books in association with the Library of Congress on Nov. 11, Veterans Day.

"Forever a Soldier" is the second in a series of collected oral histories from the growing collection of the Library of Congress Veterans History Project. It joins "Voices of War: Stories of Service From the Home Front and Front Lines," a 336-page hardcover book that was published last November, and debuted in paperback at the National Book Festival.

These eyewitness accounts of wartime service from veterans of World War I through the current

conflict in Iraq are culled from letters, diaries, private memoirs, and oral histories collected by the Veterans History Project.

Included are tales of frontline action, from doughboy Hillie Franz's 1918 baptism of fire, to battleship gunner Ray Brittain's duel with Japanese planes at Pearl Harbor, to medical officer Rhonda Cornum's capture by Iraqis when her helicopter was shot down during the Gulf War.

Each story is unique, but taken as a whole the compilation puts a familiar face on the universal realities of war: courage and fear, horror and exhilaration, sorrow and triumph.

A companion Web site to the book with selected stories previewed on Sept. 6 at

www.loc.gov/foreverasoldier.

All 37 stories will be accessible on this site when the book is published in November.

"Forever a Soldier," a 352-page hardcover book with more than 65 illustrations, will be available in November for \$26 in bookstores nationwide and through the Library's Sales Shop, Washington, DC 20540-4985.

Credit card orders will be taken at 888-682-3557. Online orders can be placed at www.loc.gov/shop.

The earlier volume, "Voices of War," is now available in bookstores nationwide and through the Library's Sales Shop for \$30 in hardcover and for \$16 in paperback. A companion Web site is also accessible at www.loc.gov/voicesofwar.

Authorized by legislation passed

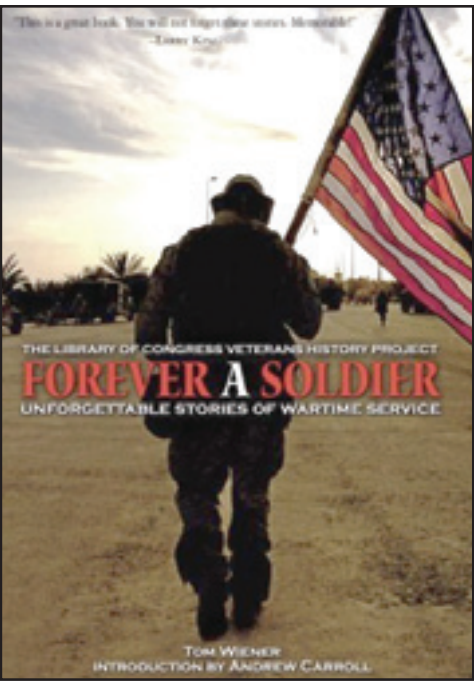
by Congress in 2000, the Veterans History Project of the American Folklife Center is a nationwide volunteer effort to collect and preserve oral histories from America's war veterans.

The collection is housed at the Library of Congress.

To date more than 35,000 individual submissions have been received.

Those who are interested in participating are encouraged to e-mail the Veterans History Project at vhohp@loc.gov or to call toll-free 1-888-371-5848 to request a free project kit.

For more information about the Veterans History Project, visit www.loc.gov/vets.



Getting past the mental side of battle

Spc. Todd Goodman

Landstuhl Regional Medical Center, Germany

Sometimes the most painful war wounds are the ones that cannot be treated with conventional medicine. That is the case with Staff Sgt. William B. Winburn, who by his own admission will need a lot of mental pushups to get past his stint in Iraq.

Winburn's job was to escort convoys. He and his group of three HMMWV [high mobility multi-purpose wheeled vehicles] were returning from a town near the Kuwaiti border July 3, on their way back to Baghdad when it happened. An improvised explosive device hit the sergeant's vehicle, badly injuring him and decapitating his driver right in front of him. It's an image the 35-year-old Kentucky native is having a hard time shaking.

"Me and him were close," Winburn said. "We were just sitting there cutting up and the next thing I knew it was over. He never had a chance. At least he didn't suffer. That's some consolation."

Winburn slept only 30 minutes in the four days that followed the blast. Every time he closed his eyes he saw his driver die. The nightmares make sleep an afterthought.

"I smell black powder every night when I lie down," he said. "I can smell everything in that

HMMWV. Every time I close my eyes it's the same thing."

Upon his arrival at Landstuhl Regional Medical Center, one of the first requests he made was to speak with a chaplain. The sergeant's attitude is not one of a defeatist. He said he knows it's going to bedifficult to lose the images of war, not to mention the multiple surgeries to his left hand. The blast took his thumb, the end of his pinky finger and all of the muscle in the palm.

"I'm dealing with it one day at a time," he said to LRMC Chaplain (Lt. Col.) Paul Williams. "I just feel guilty in my heart because I couldn't do anything to save him. He was only 22 years old."

"The important thing is that you are not bottling up your emotions the way previous generations did," Williams said. "It's not a sign of weakness to talk about these things."

Winburn took the advice and talked to anyone who would listen.

He spoke at length with nurses and his roommate, an injured Marine.

His mood seemed to improve, especially after receiving a few hours of morphine-induced sleep the night of July 7. He said he still had a dream about the incident, but when he woke up, he sat in his hospital bed and spoke

aloud – reminding himself to think about positive images.

Remaining positive is so important to his mental recovery, said Williams.

"Anything he can do to lift his self-confidence will help because many aspects of this will attack his sense of self," he said. "He is going to have feelings of inadequacy, but there is hope."

Joking about his injuries and speaking to his

wife and two little girls have buoyed his spirits. As he said, life is too short to be depressed about everything.

"It was such a good feeling to hear from my family," he said. "A lot of service members will

never see their families again. I was lucky. My life was spared and I thank God every day for it."

(Editor's note: Landstuhl Regional Medical Center release.)



<http://www.rondak.org/Images/protests/fallujah.jpeg>

The history of Veterans' Day

<http://www.patriotism.org/veterans-day/>

Nov. 11 is the anniversary of the Armistice which was signed in the Forest of Compiègne by the Allies and the Germans in 1918, ending World War I, after four years of conflict.

At 5 A.M. on Monday, Nov. 11, 1918, the Germans signed the Armistice, an order was issued for all firing to cease; so the hostilities of the First World War ended. This day began with the laying down of arms, blowing of whistles, impromptu parades, closing of places of business. All over the globe there were many demonstrations; no doubt the world has never before witnessed such rejoicing.

In November of 1919, President Woodrow Wilson issued his Armistice Day proclamation. The last paragraph set the tone for future observances:

"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nation."

In 1927 Congress issued a resolution requesting President Calvin Coolidge to issue a proclamation calling upon officials to display the flag of the United States on all government buildings on Nov. 11, and inviting the people to observe the day in schools and churches. But it was not until 1938 that Congress passed a bill that each Nov. 11 "shall be dedicated to the cause of world peace and ...hereafter celebrated and known as Armistice Day."

That same year President Franklin D. Roosevelt signed a bill making the day a legal holiday in the District of Columbia. For 16 years the United States formally observed Armistice Day, with impressive ceremonies at the Tomb of the Unknown Soldier, where the Chief Executive or his representative placed a wreath.

In many other communities, the American Legion was in charge of the observance, which included parades and religious services. At 11 a.m. all traffic stopped, in tribute to the dead, then volleys were fired and taps sounded.

After World War II, there were many new

veterans who had little or no association with World War I. The word, "armistice," means simply a truce; therefore as years passed, the significance of the name of this holiday changed.

Leaders of Veterans' groups decided to try to correct this and make Nov. 11 the time to honor all who had fought in various American wars, not just in World War I.

In Emporia, Kansas, on Nov. 11, 1953, instead of an Armistice Day program, there was a Veterans' Day observance. Ed Rees, of Emporia, was so impressed that he introduced a bill into the House to change the name to Veterans' Day.

After this passed, Rees wrote to all state governors and asked for their approval and cooperation in observing the changed holiday.

The name was changed to Veterans' Day by Act of Congress on May 24, 1954. In October of that year, President Dwight Eisenhower called on all citizens to observe the day by remembering the sacrifices of all those who fought so gallantly, and through rededication to the task of promoting an enduring peace.

The President referred to the change of name to Veterans' Day in honor of the servicemen of all America's wars.



www.designingsolutions.net/portfolio.htm

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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Veteran's Day - 2005

by Buddy Maxwell

Ten million veterans, maybe even more,
They come each day from the Iraq war,
And each year we set aside a single day
To honor those who served so far away.

A single day to honor all their deeds,
To understand their wants and needs.
To wish them well in their later years,
To ease their pain and dry their tears.

So let's all make the most of this day,
Honor these veterans in every way.
It won't repay them for their sacrifice,
But, tomorrow we'll wake feeling nice.

Photo by BLAKE VOSHELL
Retired Lt. Col. Raymond J. Astor

APG services, benefits focus of Retiree Appreciation Day

Story and photos by
Yvonne Johnson
APG News

More than 170 military retirees, spouses and family members attended the APG Retiree Appreciation Day held at the Post Recreation Center Oct. 22.

Retired Col. Charles Shadle, chairman of the APG Retiree Committee, hosted the annual event and Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, and Col. John T. Wright, APG Garrison and deputy installation commander, gave remarks.

The guest speaker was retired U.S. Navy Commander Katherine O'Neill Tracy, deputy director of Benefits Information Department, Military Officers Association of America, who spoke on legislative updates concerning retiree benefits.

Nadeau talked about Army technology, changes resulting from the Base Realignment and Closure and services for retirees at APG.

Having just returned from the National Training Center at Fort Irwin, Calif., Nadeau said that "They have built a city in the desert and tunnels in mountains."

"They have built everything replicated to what Soldiers today may face," he said. "APG, like NTC, is taking on new and innovative technology to make their job better when we send them into harm's way."

In regard to BRAC, Nadeau said that although the post will lose a large amount of the military population, it will not affect retiree services.

"Nothing will go away," Nadeau said. "We have the opportunity now to see if there is any possibility to extend services to the Edgewood side, something as simple as a place to go for lunch."

He said that although changes won't be seen for a couple of years, "we're thinking through where to put things now."

He thanked everyone for coming and encouraged them to air their comments or suggestions.

"Tell us what you need, and if you like what you see today, let us know so we can rein-

force that next year," Nadeau said. "Maximize your opportunity today so that next year will be even better."

Wright told listeners, "We are happy to support our retirees and I'm looking forward to listening to and sharing your stories."

He highlighted anticipated changes under the BRAC, and reiterated Nadeau's point that retiree services will be unchanged.

"This will be the end of an era, with the Ordnance Center and Schools set to depart APG along with the Army Environmental Center," Wright said. "Five to ten thousand Department of Defense and contractor positions will be coming to APG."

He added that the Post Exchange and Burger King are undergoing renovations and that no changes are planned for the commissary.

"We do not anticipate any impact as far as benefits," he said.

Guest presentations included updates on Senate Bill 1, which seeks to exclude retired pay from taxation, by Ed Kreiner, chairman of the Retired Benefits Task Force for the state of Maryland and the Harford County Commission on Veterans Affairs; the status of the Ordnance Museum by Elliot Deutsch, vice-president of the Ordnance Museum Foundation; and on the Veterans History Project by Kathy Abey, representing Congressman Wayne Gilchrest.

Kreiner said that the bill, which goes before the House early next year, has the support of the governor, Department of Veterans Affairs Secretary George Owings, and the Harford County delegation.

"I urge you to please contact your legislators and let them know that you are hoping for action on their part," Kreiner said.

Ordnance Museum

Deutsch said that while it remains uncertain if the museum will remain at APG once BRAC is enforced, the organization is still in need of new members and volunteers.

"We propose that even if the museum does move, its works remain together," Deutsch said, "and in the event it does-

n't move, we need fundraisers to build a new facility to give better protection to this collection."

The foundation meets in the museum the third Thursday of each month. For more information, e-mail ordmusfound@erols.com or visit the Web site, www.ordmusfound.org.

Veterans History Project

Abey encouraged listeners to participate in the Veterans History Project, an official project through the Library of Congress to collect and archive the personal recollections of U.S. wartime veterans.

The project needs volunteers, individuals and organizations willing to interview veterans, Abey said.

She referred visitors to her display of artifacts, photographs and other collected or donated memorabilia that "speak for themselves."

Also, volunteers and sponsors are needed in support of the upcoming APG 90th anniversary in 2007, Abey said.

"Feel free to call our office in Bel Air if you are interested in sharing your story," she said.

For more information, call 888-393-3915 or e-mail Kathy.Abey@mail.house.gov.

Installation organizations supporting the event included the Brass Quintet of the 389th Army Band (AMC's Own) and the APG Garrison's Directorate of Law Enforcement and Security which presented a crime prevention display by Mike Farlow, APG community police officer, and vehicle registration services.

Organizations with display booths included the APG Federal Credit Union, Freedom Federal Credit Union, the Office of the Staff Judge Advocate, the Korean War Veterans Association, Morale, Welfare and Recreation, the Retired Officers Wives Association, MOAA, and Veterans of Foreign Wars Post 10028 in Aberdeen.

Kirk U.S. Army Health Clinic provided complimentary blood pressure and body mass index screenings and offered relaxation therapy sessions conducted by Lt. Col. Kathleen Wiltsie, deputy commander. The 15-minute sessions addressed the benefits of relaxation exercises such as deep, slow breathing, and allowed visitors to practice relaxation skills.

"We focus on things they can do for themselves to lower blood pressure and stress levels," Wiltsie said.

A first-time participant in the annual event was the Air Mobility Command, which operates Space Available Travel out of Baltimore Washington International Airport.

Tech. Sgt. Byron Clemons and Sgt. Reagan O'Connor, 305th Aerial Port Squadron, gave visitors sample flight schedules and briefed them on space available procedures for active duty, retirees and their family members.

"To sign up for space avail-

ability travel, you will need to have a military ID card and passport," Clemons said, adding that retirees usually are considered Category II passengers. "Roll call is conducted two hours prior to departure each day, so you will want to be there early, and most travel is in commercially chartered aircraft," he said.

Destinations include Germany, Turkey, Italy, Greenland, and the Azores.

"It's a great service for those who served, and a huge bargain at only \$15 per person."

A panel of personnel representing APG service organizations conducted a round-table discussion with the audience. They included representatives from AAFES, the Commissary, Morale, Welfare and Recreation, TRICARE, legal services, the Veterans Administration, Perry Point VA hospital, and Johns Hopkins Health Care Services. Key points covered included:

- KUSAHC is issuing Flu vaccines to high risk persons in the Immunization Clinic. For more information, call 410-306-3558.
- SJA client services division located in building 310 offers walk-in services for powers of attorney, legal consultations, estate planning and other services. For more information, call 410-278-1533.
- The Commissary will be open 10 a.m. to 5 p.m. on Veterans Day. It will also open the Mondays before Thanksgiving and Christmas.
- The PX renovation should be completed by the end of January and Burger King will reopen in November.
- The VA Health Care system operates medical centers at Perry Point and in Baltimore as well as other areas throughout the state. Honorably discharged veterans should come in and establish eligibility even if pursuing other health care options.

Many attendees ate lunch in the Garrison dining facility at the session's end. Several said they were impressed with the information and services provided for Retiree Appreciation Day.

"This was the best one I've been to," said retired Master Sgt. Nick Buonaugurio. "It was very nice."

"It was so informative," added retiree spouse Gitta Kryszowski. "I always tell people to come to this because there's so much you don't know unless you do."

Drew Nobles, APG retirement service officer, said 170 retirees and family members attended the event.

"This year was our best attended Retiree Appreciation Day," Nobles said, adding that one couple from Vermont took time while traveling to attend because they read about it in the *Army Echoes* retirement newsletter.



Spc. Conrad Wwanyiky, a medical technician with Kirk U.S. Army Health Clinic, right, conducts a body mass index screening on retiree Ricky Godbolt during the APG Retiree Appreciation Day at the Post Recreation Center Oct. 22.

Post Shorts

call Theresa Salgado, 410-297-6618.

Chapel presents, Sex, Love, and Relationships for youths

Today's youth are rarely told the whole truth about the consequences of sexual activity, experimentation and permissiveness.

Pam Stenzel will give a presentation on sex, love and relationships, 6:15 to 8 p.m., each Sunday, Nov. 13 through Dec. 11, at the Aberdeen

Chapel. This four-part video program will mince no words in showing how pervasive sexual permissiveness is in society. The program has helped thousands avoid the disastrous consequences of unwise choices.

The material is for all youths grades five through high school. All youths must be accompanied by a parent or guardian. Single Soldiers and parents are also invited to attend.

Registration is optional, but is appreciated.

For more information or to

register, call the Main Post Chapel, 410-278-4333.

NSPS ‘townhalls’ for APG

The U.S. Army Materiel Command G-1, Maureen Viall, will visit APG to conduct town hall meetings on the National Security Personnel System for all General Schedule employees at APG 8:30, 10:30 a.m. and 1:30, Nov. 14 in the Conference Center, Edgewood Area, building E-4810, and at the Post Theatre, 8:30 and 10:30 a.m., Nov. 15, building 3245. The session at 8:30 a.m., Nov. 15, will have a sign language interpreter available.

These informative meetings are to provide an overview of NSPS followed by a question and answer period. General Schedule civilians as well as military supervisors of GS civilians are encouraged to attend.

For more information, visit www.cpms.osd.mil/nsps.

PWOC holds dinner

Protestant Women of the Chapel invite all women of the APG community to its Progressive Dinner 6:30 p.m., Nov. 14, at the APG Post Chapel. The Progressive Dinner pro-

gram includes eating many different dishes, games/playing and fellowship. Food and childcare will be provided. For more information, call Pamela Poore, 443-345-4247.

ACS holds Family Movie Night

Army Community Service will hold Family Movie Night, featuring Chicken Run, 6 to 8 p.m., Nov. 16 at the Post Theater. This is a free ticket event, with free popcorn and drinks.

Tickets are available 8 a.m. to 3 p.m., Monday through Thursday at the Edgewood ACS building E-4630, or the Aberdeen ACS building 2754, 8 a.m. to 5 p.m. Monday through Friday, or call ACS at 410-278-7572.

Special Forces scouting for a few special Soldiers

Special Forces - Sine Pari (“without equal”)-- says more about an individual than an individual can ever say about themselves.

Two briefings for Special Forces will be held noon and 2 p.m., Nov. 16, at the Aberdeen Recreation Center, building 3326, the NCO Room.

Classes will be held January, February and March 2006.

For more information, call the Special Forces Recruiting Team, Fort Bragg, N.C., 910-432-1818, DSN 239-1818 or call the APG Retention Office, 410-306-2769.

Three Little Bakers Dinner Theater

The Civilian Welfare Fund will sponsor a trip to the Three Little Bakers Dinner Theater in Wilmington, Del., Dec. 16. Tickets cost \$60 per person and include charter bus transportation, meal, and their show, “Three Little Bakers Christmas Celebration 2005.”

For more information or to make reservations, call Angela Keithley or Jacqueline, 410-278-4603/4771.

First Annual Turkey Bowl

There’s the Super Bowl and then there’s the Turkey Bowl.

The 20th Support Command (CBRNE) and the 22nd Chemical Battalion (Technical Escort), will hold the First Annual Turkey Bowl flag football game. Military officer and enlisted and civilian personnel will face off 7 a.m., Nov. 21, at Hoyle Softball Field.

For more information, call Capt. Brian Hoffman, 20th Support Command, 410-436-6959, or Capt. Ron Mussone, 22d Chemical Battalion, 410-436-6093.

Colorado ski resort hosts Armed Forces Week

"They gave their life fighting for our country...now it is our turn to take care of their children!"

Support the children of fallen heroes and enjoy a fun-filled ski week in Vail, Colorado.

The VailArmedForces.com and Vail Chamber and Business Association will sponsor Armed Forces Week, Jan. 29 through Feb. 3, 2006,

in Vail. All members, past or present of all military service branches, U.S. Public Health Services, defense contractors, firefighters, law enforcement, civilians, family and friends are invited to recognize America's fallen heroes who have made the ultimate sacrifice defending our country.

This event will raise money for the Marine Corps Scholarship Foundation and Naval Special Warfare Foundation supporting the surviving families and children.

There is a 25 percent discount on lodging/lift ticket packages with prices starting from under \$400 to \$1100 per person for five days lodging and four days skiing; a 10 percent discount of all Frontier Airlines roundtrip published fares; and a 25 percent on ski/snowboard rental equipment. Door prizes, raffles and various events are planned for the week.

For more information or to make reservations online, visit <http://www.vailarmedforces.com/reservations.cfm>.

For two or three night stays, call 1-800-730-4827 for availability and mention Vail Armed Forces Week.

U.S. Postal Service to dedicate distinguished Marines stamps

A First-Day-of-Issue dedication ceremony for the Distinguished Marines commemorative 37-cent U.S. Postage stamps will be held 1 p.m., Nov. 10, during the Marine Corps 230th anniversary at the U.S. Marine Barracks, 8th and I Streets, S.E., Washington, D.C.

The event is free and open to the public. Parking is available at RFK Stadium lot 3 where shuttle buses will depart at 11:15 a.m. Following the ceremony, buses will depart from the barracks at 2:15 p.m.

The stamps will immortalize legendary Marines John Basilone, Daniel "Dan" Joseph Daly, John A. Lejeune and Lewis "Chesty" Puller.

The ceremony will include the U.S. Marine Corps Band and Aaron Tippin, country music recording artist.

Those attending the event receive a free First-Day-of-Issue collectable souvenir program affixed with a Distinguished Marines Commemorative postage stamp bearing the official Washington, DC, First-Day-of-Issue Postmark.

For more information, call George Flanigan, USPS, 202-268-4385.

NAF open season closes soon

The Nonappropriated Funds Open Season runs through Nov. 18.

Long Term Care may be elected during this Open Season without evidence of insurability. If this benefit is not elected at this time, it will never be offered again in future Open Seasons.

Additional information may be accessed at www.NAFBEN-EFITS.com.

All changes must be processed before close of business Nov. 18.

To make an appointment to make changes to benefit elections or for answers to questions, call NAF Human Resources, 410-278-8992/8994.

ID facilities closed Nov. 21

The military and civilian ID card facilities will be closed Nov. 21 due to an upgrade to the DEERS/RAPIDS computer system. Individuals should plan ahead if they have an ID card that is close to expiring date. This closure will not affect the vehicle registration or the secured area badging operations within the civilian ID card facility.

Garrison unit holds coat drive

Winter is fast approaching and there are many in need of a winter coat or jacket. Help

Community Notes

THURSDAY NOVEMBER 10 SALUTE TO VETERANS AND MILITARY FAMILIES

USO of Metropolitan Washington and the Maryland Aviation Administration will hold the Second Annual Salute to Veterans and Military Families, 1 p.m. in the upper level of the International Terminal at Baltimore/Washington International Thurgood Marshall Airport.

Keynote speaker will be Col. Kenneth O. McCreedy, installation commander of Fort George G. Meade. The event is open to veterans, military families and members of the general public, but an RSVP is required by calling 410-859-7431.

For more information, call Holly Ellison, Cheryl Stewart, Maryland Aviation Administration Communications, 410-859-7027.

SATURDAY, SUNDAY NOVEMBER 12,13 FALL OVERNIGHT

Energy

From front page

source vulnerability.

- Supplemental energy could be obtained from wind, solar, biomass, geothermal and other energy sources.
- The cost of an alternative energy sources generally fall as the technology matures.
- On-site power generation may reduce logistical burdens.
- Alternatives are often cleaner overall and environmentally friendly.

Wright briefed participants on key elements of APG including its infrastructure of buildings, upcoming changes at APG that include construction under the Enhanced Use Lease agreement, and population changes under the Base Realignment and Closure that will include the loss of most of the installation's active duty personnel, along with the addition of from 5,000 to 10,000 government and contract workers.

"The BRAC is why this is important," Wright said, "and why we can lead the way for DoD in terms of alternative energy. Our folks are not afraid of technology."

"Though many good things can be realized through the application of certain alternatives, they are not a panacea," added Bob Crow of RDECOM's P&E IPT. "They must be carefully selected and applied where appropriate. There is a lot of advocacy out there in the field of energy and we're here to make sure that the Army and the taxpayer get meaningful return on their investment. We at RDECOM are technology enthusiasts, not advocates. There is a difference. We are technology "neutral" and will select the best technologies to meet specific needs. As serious scientists, we may appear to be less excitable than some. We clearly want to help APG and the Soldier. Clearly, if we waste money on the wrong set of technologies, that doesn't help anyone. Our boss, Brig. Gen. Mark Brown routinely says: 'Lead, follow or get out of the way.' Our choice is to lead."

Participants included representatives from various energy

FROLIC

The Anita C. Leight Estuary Center is sponsoring a program called Fall Overnight Frolic from 5 p.m., Saturday night to 9:30 a.m., Sunday morning, for ages 9 through 12.

The overnight adventure begins with dinner and ends with breakfast the next morning.

Come join the fun while hiking, building a campfire, watching movies and playing games.

Bring sleeping bag, pajamas, toiletries and a riddle. The fee is \$35.

Reservations are required and space is limited.

For more information, directions, or to make a reservation, call the center, 410-612-1688 or 410-879-2000 x1688.

SUNDAY NOVEMBER 13 BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket bingo.

suppliers who presented the merits of their systems, then took questions from the audience.

Presentations were received from: BQ Energy, Princeton Energy Systems, Sea Breeze Power, TGE, LOGANEnergy, Abbas Akhil Sandia Labs, Boundless Energy, York International, Xtnrgy and Barlow Projects.

Representatives from the Garrisons' Directorates of Safety, Health and Environment, Installation Operations and Information Management attended the sessions.

RDECOM is funding the study and providing overall technical assessments and direction.

Games start at 3 p.m. Cost is \$10 for 20 games.

For more information, call 410-658-3915, or e-mail basketbingo@zoominternet.net.

Proceeds will benefit Boy Scout Troop 28.

MUSIC IS MAGIC

The Maryland Conservatory of Music will present Music is Magic!, 3 p.m. in the John Carroll School auditorium.

Hosted by Gershwin pianist, Duke Thompson, and featuring faculty, guest, and students, this concert offers an

impressive showcase.

For more information or to purchase tickets, call 410-399-9900 or visit www.musicismagic.com.

Tickets are also available at Prestons Stationary, Bel Air, 410-838-5858; MusicLand, Bel Air, 410-838-2079; Bomboys, Havre de Grace, 410-939-2924; or Music and Arts Center, Bel Air, 410-569-3500.

TUESDAY NOVEMBER 15 FREE FUNDING EDU-

Movies

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard**

To verify listing, call 410-272-9008, or visit www.aafes.com and click on "Movie Listing."

SERENITY

Friday, Nov. 11, 7 p.m.

Starring: Nathan Fillion, Gina Torres, Alan Tudyk

This big-screen version of the short-lived TV series Firefly is set 500 years in the future and focuses on space captain Malcolm Reynolds (Fillion) and his crew, who make a living with petty crime and transporting people throughout space. After they pick up Dr. Simon Tam (Sean Maher) and his mentally unstable, telepathic siste, they realize that they're now being hunted by the Alliance, an out-of-control government that's out to bring the rogue sections of the galaxy under control.

THE GREATEST GAME EVER PLAYED (FREE ADMISSION)

Saturday, Nov. 12, 7 p.m.

Starring: Shia LaBeouf, Armand Laroche, Josh Flitter, Stephen Dillane

A golf drama based on the true story of the 1913 U.S.

Open, where 20-year-old Francis Ouimet (LaBeouf) defeated defending British champion Harry Vardon (Dillane). Young golfer Ouimet and his 10-year-old caddie, Eddie Lowery (Flitter), become unlikely participants and take on Vardon. (Rated PG)

AN UNFINISHED LIFE

Saturday, Nov. 12, 9 p.m.

Starring: Robert Redford, Jennifer Lopez, Morgan Freeman

Rugged Wyoming rancher Einar Gilkyson (Redford) spends his days tending his acreage and caring for his best friend, injured Mitch Bradley (Freeman). When his daughter-in-law Jean Gylkyson (Lopez), whom he blames for his son's death, turns up on his doorstep with the granddaughter he never knew he had, he's forced to re-examine his life and the assumptions he made about the past. (Rated PG-13)

CATION SEMINAR

A free seminar on 'Options in Funding Education' will be offered by Aberdeen Proving Ground Federal Credit Union, 6 to 7 p.m., at the Bel Air Branch Professional Building.

The Goles Investment Group will cover key topics such as tax-free growth when investing education money, Coverdell ESAs and 529 Plans and more.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com.

Open to the public.

FRIDAY NOVEMBER 18 BASKET BINGO

Basket Bingo to benefit VFW Post 8185 will be held at VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m., Bingo starts at 7 p.m.

Tickets cost \$10 for all paper cards. Food, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Kathy, 410-378-3594, or VFW Post 8185, 410-642-9297.



Morale, Welfare & Recreation

Community Recreation Division holiday hours Veterans Day 2005

FACILITY	THU, NOV 24	FRI, NOV 25	SAT, NOV 26
Arts & Crafts, AA	CLOSED	CLOSED	CLOSED
Arts & Crafts, EA	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
Auto Crafts	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
Bowling Center	CLOSED	5 - 10 p.m.	1 - 10 p.m.
Library, AA	CLOSED	CLOSED	CLOSED
Recreation Center, AA	noon - midnight	noon - midnight	noon - midnight
Recreation Center Snack Bar, AA	noon - 11 p.m.	noon - 11 p.m.	noon - 11 p.m.
Recreation Center, EA	3 - 11 p.m.	3 - 11 p.m.	3 - 11 p.m.
Recreation Center Snack Bar, EA	5 - 10 p.m.	5 - 10 p.m.	3 - 10 p.m.
MWR Registration/ITR	CLOSED	CLOSED	CLOSED
Health & Fitness Center, AA *	CLOSED	CLOSED	CLOSED
APG Athletic Center	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.
Hoyle Gymnasium/Fitness Center	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.
Outdoor Recreation & Equipment Center	CLOSED	CLOSED	CLOSED
Ruggles Golf Course, AA	CLOSED	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.
Exton Golf Course, EA	CLOSED	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.
Top of the Bay	CLOSED	CLOSED	CLOSED

* AA Fitness Center will be closing at 6 p.m. on Wednesday, Nov. 23.

Activities

Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

Daytona Race specials

Three specials are being offered for race weekend, Feb. 16 through 19 in Daytona. The last day to purchase tickets is Dec. 16.

GREAT AMERICAN RACE WEEKEND is a two-day package including one ticket for both the Daytona 500 and Hershey's Kissables 300 Busch races for \$103.28 per person (regularly \$162).

The seats are located on the superstretch in Allison, Lund or turn 2 sections.

ALL AMERICAN OFFER includes one seat for the Daytona 500 and one Daytona 500 hat for \$102.25 per person (regularly \$132)

The seats are located on the superstretch in Allison, Lund or turn 2 sections.

NEXTEL FANZONE PASS for the Daytona 500 race only costs \$75 per person (regularly \$90).

For more information or to purchase tickets, visit MWR Registration, Tickets, & Leisure Travel, building 3326,

call 410-278-4907/4011 or e-mail mwr_registration@usag.apg.army.mil.

Forever Swing's Zoot Suit

The Lyric Opera House will present Forever Swing's Zoot Suit, 2 p.m., Nov. 26. Tickets cost \$54. From the creators of Forever Swing comes an all new swing musical. It's a full on stage orchestra, talented singers, and high energy swing kids. The last day to purchase tickets is Nov. 10.

Fall special at Ruggles

Ruggles Golf Course offers nine holes with a cart and a bucket of range balls, starting at noon on Mondays through Fridays for \$18.50. The special lasts through Nov. 30 and does not include holidays.

For more information, call Dave Correll, 410-278-4794.

Radio City Christmas spectacular

Travel to New York City to see the Radio City Music Hall Christmas Spectacular featuring the Rockettes. Tickets for performances on Nov. 19, Dec. 3, 10 and 17 cost \$121. After the show, there will be time for holiday shopping.

2005-06 cheerleading

program

Registration at Aberde n and Edgewood Youth centers will be held through Nov. 10. Eligible youths include ages 6 through 15 as of Dec. 31, 2005. Youths must be a CYS member, and can join at \$18 per year. Cost is \$40.

The Youth Cheerleading program will perform cheers for the Youth Basketball teams. The program is open to eligible youths of active military, reserves, retired military and DoD civilians. Practices are held twice a week and games will be held on Saturdays. Practices begin the week of Nov. 28, and games are every Saturday in January through mid-March.

Volunteer coaches are also needed in order to conduct the program. For more information or to volunteer, call Bill Kegley at 410-306-2297.

The Edgewood program registration will be held at building E-1902, Scully Road.

For an appointment, call CYS central registration, 410-278-7571/7479.

Tee up for Customer Appreciation Days

Ruggles Golf Course tournament will be held Nov. 19. Sign-up by Nov. 11. Cost is \$15 for annual patrons and \$36 for value card holders.

Tee time is 8:30 a.m., Captain's Choice Format.

Includes cart, prizes and appetizers after golf tournaments.

For more information, call Dave Correll at 410-278-4794 or e-mail dave.correll@usag.apg.army.mil.

Passport to Manhood

Passport to manhood, a program designed for young men, ages 9 to 16, will be held 6:30 to 8 p.m., on Thursdays.

All young men are welcome to come and learn about their future as men. Each class will feature a guest speaker. Parents are invited to come

and share this experience with their children. The designated meeting date and time will be established pursuant to the availability and time of the parents. Annual CYS memberships cost \$18 per child or \$40 per family.

Equipment Resource Center

Let MWR tune your skis and boards this year. Don't Own? We rent too!

It is time for ski/snowboard services for personal equipment.

Hot Waxing \$10
Hot wax and edging \$15
Waxing, edging, and base p-tex repairing \$20

For more information, please contact Outdoor Recreation Equipment Resource Center at 410-278-4124/5789, or by e-mail outdoor.recreation@usag.apg.army.mil, or visit our website www.apgmwr.com.

\$5 OFF waxing, edging, and base p-tex repair package.

offer expires 9 December 2005

MWR services are available to ALL DOD ID Cardholders

SCHOOL LIAISON

NASA Space Camp applications being accepted

Applications are being accepted for the 2006 Bernard Curtis Brown II Memorial Space Camp scholarship. Children of an active duty military parent enrolled in grades six through nine are eligible to apply. The scholarship is funded by the military Child Education Coalition.

Full tuition includes meals, lodging, program materials and transportation from the student's home base to nearest Space Camp.

The deadline for completed applications is April 1, 2006.

For more information or to apply for the scholarship, call Ivan Mehoskey, 410-278-2857, or visit Web site <http://www.militarychild.org/SpaceCamp.asp>.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following are a few books in the APGMWR Library that may be of interest in observing Veterans Day:

World War II Memorial: a grateful nation remembers edited by Douglas Brinkley

They Also Served: military biographies of uncommon Americans by Scott Baron

The Greatest Generation by Tom Brokaw

Home to War: a history of the Vietnam Veterans' Movement by Gerald Nicosia

Faith of My Fathers by John McCain

Tour of Duty: John Kerry and the

Vietnam War by Douglas Brinkley

To Heal a Nation: the Vietnam Veterans Memorial by Jan Scruggs

Medal of Honor: profiles of America's military heroes form the Civil War to the present

Flight of the Avenger: George Bush at War by Joe Hyams

The library's Web site www.apgmwr.com/recreation/libraries.html provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

SOLDIER SHOW DEPICTS A CARING NATION

Pfc. Brady Sikorski, from Fort Irwin, Calif., pokes his head through a hanging poncho to sing Queen's 'Bohemian Rhapsody,' and deliver one of the funniest skits in the show.

Story
and photos by
Yvonne Johnson
APG News

The 2005 U.S. Army Soldier Show delivered a touching message of supporting troops through long deployments during three performances at the Aberdeen Proving Ground Post Theater Oct. 29 and 30.

Soldiers, Marines and Airmen of the U.S. Army Ordnance Center and Schools enjoyed the first two performances and the final was open to the community.

More than 900 service members, retirees, civilians and their family members clapped and sang along in the packed theater for the show's final performance.

Staff Sgt. Tenisha Colbert, the show's noncommissioned officer in charge, said the show has been to "all lower 48 states, Korea, Alaska, Germany and Japan."

"It's amazing the response we get from Soldiers, veterans and civilians," she said. "I think it's great that we can bring up morale in Soldiers and bring smiles to civilians."

Titled 'Operation America Cares,' the 90-minute song and dance variety show featured pop, classic rock, rhythm and blues and country as well as gospel, new age, hip hop and patriotic

tunes as the performers depicted how Soldiers deal with the stress of deployment.

Some audience favorites included songs like 'Mr. Mom' and 'Redneck Woman' by country artists Lonestar and Gretchen Wilson; "1985" by Bowling for Soup; 'Car Wash' from the movie by the same name, and Queen's 'Bohemian Rhapsody.'

The show incorporated performers' other talents into the show as well. Spc. David Linson II of Camp Carroll, Korea, an accomplished musician, played the saxophone; 1st Lt. Heather Gross, a Blackhawk pilot from Boonesboro, Md., stationed at Fort Campbell, Ky., demonstrated her expertise on the trumpet; and Spc. Allison Carpenter, an Altoona, Pa., native from Camp Humphreys, Korea, expertly twirled batons, one with lights on both ends.

The show's director, Victor Hurtado, said the show focuses on "how we take home to the deployed Soldiers."

"The message of the show is that it doesn't matter how tough we are and it doesn't matter how fit to fight we are, Soldiers are still human and longing for the familiar and America's affection," Hurtado said.

Colbert presented a certificate of appreciation to Col. John T. Wright, APG Garrison and deputy installation commander, who in turn, presented the entire cast with Commanders Coins of Excellence, with assistance from Garrison Command Sgt. Maj. Elvis Irby, at the show's conclusion.

He thanked the cast on behalf of APG commander Maj. Gen. Roger A. Nadeau and "on behalf all the Soldiers, Airmen and Marines at APG."

"I've enjoyed your show for more than 10 years," Wright said.

"Our family loves the Soldier Show," added Wright's wife, Tammy. "I saw it for the first time in Korea and we've tried not to miss it ever since," she said.

Donna Pernak of Havre de Grace said the show made her cry.

"You know what they are doing over there and you know what they are losing over there. I couldn't help it. I cried and I loved every minute of

From left, Spc. Chris Ekstrom on drums, and Spc. David Linson II on guitar back up Staff Sgt. Chaney Mosley as he performs Bowling for Soup's '1985.'



Photo by GARY BROOKS
Dressed in desert uniforms to honor their fellow Soldiers fighting the War on Terror, the cast of the 2005 U.S. Army Soldier Show gathers on stage to perform the finale of 'Operation America Cares.'

Spc. Chris Ekstrom, a transportation operator from Camp Red Cloud, Korea, sings a song about going home.

More about quitting smoking

Samantha L. Quigley
American Forces Press Service

The lung-cancer death of broadcasting legend Peter Jennings, an admitted long-time smoker, has again brought smoking and its dangers to the forefront of public consciousness.

While an estimated 25 percent of Americans smoke, the military's numbers hover at 34 percent, according to Col. Gerald Wayne Talcott with the Air Force Medical Support Agency, in Falls Church, Va.

That's an increase of 4 percent for the military since 2002.

"We do have a higher prevalence of smoking for our youngest people

in the military," Talcott said. "If you look at officers, that's not the case. But for our youngest members, that's our E-1s through E-4s,...the overall prevalence is a little bit higher than the national average.

"It's a good suspicion" that the war is a factor in the increase of military smokers," he added.

Service members who smoke often claim it's a stress reliever. Talcott said that might be true, but only for people who already are addicted.

Before addiction occurs, smoking actually increases stress on the body, he explained.

Smokers may see their habit as a personal risk, but it affects force readiness, Talcott said.

Even among smokers who have no ongoing diseases related to smoking, it impairs night vision, weakens the immune system and can lengthen healing time. Smokers also may have more frequent upper-respiratory ailments.

Tobacco use also affects families, the colonel said.

"We have a lot of young people that are just starting families," Talcott said. "It has an impact on those young children. If you're smoking around them, their risk for upper res-

piratory infections goes up."

Smoking is a deceptive risk for younger people, since they don't necessarily feel the immediate ramifications.

But, if a smoker quits, as more than 50 percent of Defense Department personnel who smoke have expressed a desire to do, there are benefits to be reaped.

"Your body has a very recuperative ability," Talcott said. "We have a very young population, so the sooner you quit and the less amount of time you smoke, the faster your body repairs itself. Within 10 to 15 years (of quitting smoking) your risk for cancer, if you quit early enough, is almost the same as it would be for a nonsmoker."

Service members have multiple excuses for not quitting. The fear of failure or a failed first attempt often keeps smokers from trying to quit again, Talcott said. However, he said, a failure does not mean that a second, or even a third, attempt is going to fail.

"You aren't always successful the first time," he said. "What we know is that it seems like the more people try to quit, the more likely they are to quit successfully."

Some smokers, espe-

cially women, are afraid to kick the smoking habit out of fear that they will gain weight. That's not a good enough excuse, Talcott said. A person would have to gain 100 pounds to equal the negative health effects of continued smoking, he said.

Nor is the weight-gain theory necessarily true.

Among recruits in basic training -- where smoking is disallowed, meals are controlled and exercise is a must -- there is virtually no weight gain, Talcott said.

Help is available for those who wish to quit but think they need help. DoD offers smoking cessation classes in nearly all medical treatment facilities, and nicotine-replacement therapies are available.

DoD also is working with primary-care physicians to help them spot tobacco use early and provide messages about quitting.

The TRICARE Web site, <http://www.tricare.osd.mil>, also offers information on why kicking the habit is a good idea and how to quit.

The military also is working to make smoking less attractive by hitting service members who smoke in the wallet. The Army and Air Force Exchange Service is restricted to discounting tobacco products no more than 5 percent below what they would cost outside a military installation. This is a change from deeper discounts that were once offered, officials said.

Commentary — A Soldier's freedom

Brad Taft
CHPPM

You are a Soldier. You are committed to preserving the freedom of the people of this great nation. Freedom is what it's all about.

But while Soldiers protect this nation's freedom, many are not free themselves. Many Soldiers fight a battle for freedom every day. Some win, many lose. Soldiers lose their battle for freedom because they are addicted to nicotine. When you are addicted to any substance, you are never truly free.

Nicotine occurs naturally in tobacco. Soldiers who use tobacco products do so because they have to. They once were free to choose whether or not to use tobacco products, but now they have no

choice; they must use tobacco because they are addicted to nicotine.

In 1988 the U.S. Surgeon General issued a report called The Health Consequences of Smoking: Nicotine Addiction. This report states:

1. Cigarettes and other forms of tobacco are addicting.

2. Nicotine is the drug in tobacco that causes addiction.

3. The pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.

Maybe you aren't convinced that you are addicted to nicotine. Why not check it out on Thursday, Nov. 17, during the Great American Smokeout?

Just stop using all tobacco products for that day and see how you feel. If you are tense, fidgety, crabby, and just can't concentrate on what you are doing, then you are showing signs of nicotine addiction.

Admit that using tobacco products has gotten you addicted and then make a plan to become tobacco free. Seek help from healthcare personnel. Why not take the first step on Nov. 17 and then make a plan to become tobacco-free? Remember, freedom is what it's all about.

For more information about steps that can lead to successful tobacco cessation, visit <http://www.smokefree.gov/>.

Local scientist honored with Army's Meritorious Civilian Service Award

Jennifer Wyatt Gaskill
ECBC

The Secretary of the Army recently honored a scientist with the prestigious Meritorious Civilian Service Award.

Monica Heyl serves as the acting team leader of the Mobile Laboratory and Kits Team within the U.S. Army Edgewood Chemical Biological Center. This award, the second-highest Department of the Army honorary

award, is given in recognition of outstanding performance and significant contributions to the Department of Defense.

While serving as a physical scientist at ECBC, Heyl established herself as a recognized national and international leader in mobile chemical and biological laboratory design and development.

Her exceptional technical and managerial skills have been sought

repeatedly by various government agencies requiring the design and construction of a variety of mobile analytical labs.

Heyl's most recent success is the development of chemical biological laboratory systems for the Food and Drug Administration.

Through an interagency agreement, ECBC developed two mobile laboratory systems for the FDA.

These mobile labs can be placed at

ports of entry where food is brought into the United States.

While most food samples are sent to remote laboratories for analysis—creating a significant delay before results are available—the mobile labs allow scientists to analyze suspect food samples on site within hours, thus saving time and shortening the chain of custody for samples.

The mobile labs are capable of detecting deadly agents such as botu-

linum and salmonella.

Additionally, the labs can detect many chemical agents that may be added to foods.

"With global terrorism now a constant threat, these mobile labs are an important weapon in combating terror's deadly force," Heyl said.

Jim Zarzycki, technical director of ECBC, presented the award to Heyl during a ceremony Oct. 12.